

Job Stressors and Stress Coping Strategies of Teachers of Secondary Classes

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Life is full of hassles and deadlines. In teaching Profession, the teachers are entrusted with various duties and the responsibilities as they have the innate tendency to mould the young ones. In the process of discharging such crucial responsibilities, they may be caught in problems causing stress and strain. Therefore the present research will help the teachers identify their stressors and their coping strategies to nullify the impact of Stress and help them concentrate more on realising their academic responsibilities. Teachers' stress has been viewed as an interactive process which occurs between teachers and their teaching environment that leads to excessive demands being placed on them resulting in physiological and psychological distress (Forlin, 1996). The researcher identified two categories of coping strategies when probed into the literature. One is Problem - Solving Focused strategies whereas second one is Emotion – Focused Coping strategies. Survey Method was used in this research. On computing factor analysis, it was found that the stress coping strategy 'Adapting' is of very high prominence (0.976). It is followed by 'Accepting' (0.540), 'Altering'(0.473) and 'Avoiding'(0.401) in the order of their prominence. It was found from the multiple regression analysis done on the total sample that Workload, interference of officers and others and Overall job stress were the significant predictors of Altering; Workload, Non Academic Deployment, Interference of Officers and others and Overall job stress were the significant predictors of Accepting; However none of these stressors predicted the coping strategies Avoiding and Adapting. It is reported in the study that in the case of all the four stress coping strategies Avoiding, Altering, Adapting and Accepting- about 50% to 60% of the teachers of secondary classes make use of these strategies. Therefore it appears to be a good sign, as a good percentage of them are capable of using all these coping strategies to wade off the impact of the job stress.

Keywords: Stress, Stressors, Stress coping strategies, Problem - solving focused strategies, Emotion – focused coping strategies.